

# **A Matter of Balance: Managing Concerns about Falls**

Age Requirements

18 and over

Available 24/7

No

Intake Process

To register, to host a workshop, or for more information, call 757-933-2608.

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Peninsula Agency on Aging

<http://www.paainc.org/>

Main

(757) 933-2608

739 Thimble Shoals Blvd, Suite 1006

23606 VA

United States

Fee Structure

Call for Information

A Matter of Balance: Managing Concerns About Falls/Fall Prevention Program is an 8-week structured group intervention workshop that emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance.

Many adults experience concerns about falling and restrict their activities.

This program is designed to manage falls and increase activity levels. This evidence-

based program was developed at Boston University.

Who can benefit from Matter of Balance? Anyone who 1) is concerned about falls, 2) is interested in improving balance, flexibility, and strength, 3) who has fallen in the past and 4) has restricted activities because of falling concerns.

Classes are held once a week for 8 weeks for 2 hours each.

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Service Area(s)

Hampton City

,

James City County

,

Newport News City

,

Poquoson City

,

Williamsburg City

,

York County

Email

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